1: Bowen-Jones et al. K-5 (1955-1958) 1961
EZ6 Malta EZ6

In terms of the social pattern of the rural village, this means that there is a very significant distinction to be made between the older generation of farmers proper and the younger generation whose direct attachment to the land and farming is weaker if not already broken. If one turns to a consideration of the way of life and living standards in the village community this gulf is apparent. Most spectacular perhaps are changes in clothing. 178 241 561

The familiar working garb of the farmer has been the heavy woollen vest, cotton trousers, waistcoat, and cap. Recently, army-surplus shirts, denims, etc., have replaced the locally-made garment, often of home-grown cotton, while the cummerbund is now rare. Sandals are normally worn for walking but not for work. The farmer who works round the clock has never had a 'best suit'. He attends Mass in his working clothes before going to the fields and, on Sundays and holidays, ventures forth as on any other day with the possible addition of a woollen cardigan or more presentable waistcoat. For women, the use of the *faldetta* ribbed hood has declined rapidly in the last 20 years and is now only worn by the older women in the villages and by female members of the M.U.S.E.U.M. movement. The use of black generally by women is declining but most clothes are still made in the home even if from bought material rather than home-produced cotton or wool. The younger generation are not usually content to venture forth dressed in the manner of their parents but insist on making their own appearance as much like that of the average town-dweller among whom they aim to move socially. The white shirt, smart suit, shoes, socks, and well-oiled hair of the young men and the bright dresses, high-heeled shoes, nylons and cosmetics of the village maidens are regarded as the essential uniform of the seeker after the bright lights of Valletta and the towns. The schools have played a part in this with their demands on cleanliness, footwear and dress in the classroom. Occasionally a child goes bare-foot to a village school but no one would think of visiting Valletta shoe-less. The imitation of urban standards of dress is particularly apparent in the sub-urban districts where the farming minority are at pains to 'keep up with the Vellas' in dress - in spite of the expense involved. 178 291

Diet in the traditional rural scene depended upon what could be produced by the fields and animals held by any family. The standard soups and stews (such as *minestra* and *brodu*) were consequently largely vegetable. Meat was rarer, fish seasonal and small birds might be added to a stew depending on the results of the hunting or, more correctly, shooting which was and is a popular Sunday and Holiday pastime in the countryside. The diet was rather less 'italian' than that in Valletta and the towns, with potatoes in place of the various forms of farinaceous paste - spaghetti, macaroni, etc. As in the rest of the Islands before the 1939-45 war, milk was taken fresh from goats and sheep and was not infrequently disease-carrying. Tinned milk is now popular in town and country but consumption of bottled, pasteurised milk is growing. Tea and coffee drinking have to some extent replaced local and home-made wines, especially in the many bars and small cafés which have become the leisure-time resorts of the men of the villages between strolls in the squares and streets. Even here change is evidenced, for the traditional guitar-accompanied *ghana* of the Maltese peasant has given way to *Radio e Televisione Italiana* as the basis of café entertainment. 178 [262] [272] [533] [207]

This very increase in leisure time is significant. The old farmer is content to spend the greater part of every day with his animals or in the fields for they are in fact his hobby as well as his livelihood. Cinemas and bright lights hold no attraction for him; but the young man insists on recreation as he sees it in the towns. The timetable of the farmer varies according to his type of farming. The herdsmen's life is ruled by the routine of feeding and attention demanded by his cows or goats and by the times of milk collection demanded by the Milk Marketing Undertaking. All this means an earlier daily start (sometimes 1 or 2 a.m.) than is usual for the field worker who begins his day with a 4 a.m. or 5 a.m. Mass and then stops for a light breakfast some three hours later. Lunch-time is 11 a.m. or noon and is followed by a *siesta* of some hours, depending on the season and the pressure of work to be completed before the sun goes down and the field-worker shoulders his hoes or his wooden plough and returns home 512